



TROUBLED TEENS

BLACK DOG INSTITUTE



RESOURCES about adolescent mood disorders

FOR PARENTS



RECOMMENDED WEBSITES

- Australian Alcohol Guidelines www.alcoholguidelines.gov.au
- Australian Drug Foundation www.adf.org.au
- Australian Drug Information Network www.adin.com.au
- Beyond Blue www.beyondblue.org.au
- Black Dog Institute www.blackdoginstitute.org.au
- Bullying www.education.unisa.edu.au/bullying
- Centre for Adolescent Health www.rch.unimelb.edu.au/adolescent
- Centre for Eating and Dieting Disorders www.cedd.org.au government sponsored information and resource site
- Drug Information at your Local Library www.diayll.sl.nsw.gov.au
- Eating Disorders Foundation Inc NSW www.edf.org.au Support group for sufferers and families
- Kidshelpline www.kidshelp.com.au Explanation of this phone resource for young people
- Parenting and Adolescence www.positiveparenting.com an American site
- RANZCP consumer information publications (Mental Illness – the Facts; Coping with Depression; Anorexia Nervosa) www.ranzcp.org and click on consumer info icon
- Transcultural Mental Health Centre (now listed under Multicultural Mental Health Australia) www.mmha.org.au
- SANE Australia - www.sane.org.au

It is also suggested that parents visit the websites listed under resources for adolescents



PHONE NUMBERS

- Family Drug Support 02 9818 6166
1300 368 186
- ADIS (Australian Drug Information Service) 02 9361 8000
1800 422 599
- SANE Australia- for information about mental illness (M-F 9am-5pm)
1800 18 SANE (7263)



BOOKS

- 'Navigating Teenage Depression: A guide for parents and professionals' by Gordon Parker and Kerrie Eyers, Allen and Unwin, 2009
- "What To Do When Your Children Turn Into Teenagers" David Bennett and Leanne Rowe
- "I Just Want You to be Happy", Leanne Rowe, David Bennett and Bruce Tonge. Allen and Unwin 2009
- "Stop Struggling With Your Teenager" Weinhaus, Friedman with Stagoli Penguin Books Australia 1991
- "Drugs and Your Teenager – A Practical Guide for Australian Parents" Palin M, Beatty S, Rivoli Melbourne 2000
- "Alcohol and Your Health" Australian Alcohol Guidelines NHMRC
- More Than Just the Blues – Understanding Serious Teenage Problems Dr Joseph Rey, Simon and Schuster, Australia 2002
- "Easy Parenting" Ken and Elizabeth Mellor
- Michael Carr-Gregg's books
- "Parenting for a Peaceful World" Robin Grille
- "Raising Real People; Creating a Resilient Family" Andrew Fuller, Acer Press, Melbourne 2002
- "The Resilience Donut" - The Secret of Strong Kids, Lyn Worsley - (Wild and Woolley 2006) - written by a Sydney psychologist